



# Wellness Clinic

## Fox Army Health Center

September/October 2015

### National Rehabilitation Awareness

National Rehabilitation Awareness Week is Sept 15-21. This observance promotes the value of rehabilitation, highlights the capabilities of people with disabilities, salutes the professionals who provide services to this community, and renews our commitment to meet the needs of people with disabilities.

It takes a comprehensive care team which uses a multidisciplinary approach to help service members, veterans and civilians reach their recovery goals. These teams include:

- Physician
- Physiatrist
- Trained Rehab Nurses
- Case Managers
- Physical Therapist
- Occupational Therapists
- Speech-Language Pathologists
- A Psychologist
- A Registered Dietician
- A Psychiatrist

Thank you for all you do!



### American Heart Association on Sugar Intake



Over the past 30 years, Americans have steadily consumed more and more added sugar in their diets, which has contributed to the obesity epidemic. Reducing the amount of added sugar we eat cuts calories and helps to improve heart health and control weight.

The American Heart Association recommends limiting the amount of added sugar you consume to no more than half of your daily discretionary calorie allowance. For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons per day for men).

Things to consider when limiting your sugar intake:

- Added sugar in food (*read the ingredient list to find added sugar in prepared foods*)
- Other names of added sugar (*syrup, corn sweetener, molasses, malt sugar, honey, agave*)
- Sources of added sugar (*Soft drinks, candy, cake, cookies, fruit drinks, dairy deserts*)

For more information visit:

[www.heart.org](http://www.heart.org)



### Lets Get Ready For Some Football

Football season is here. It's an exciting time for many, but it is also a time to put on a little unwanted weight around the middle. There are several things we can do to keep our weight from increasing.

- Move a little more/stay active (consider doing squats during commercials)
- Limit Snacking (light snacks, such as veggies and fruit)
- Watch your alcohol intake (moderate consumption)
- Get enough sleep (7- 8 hours)
- Drink plenty of water

### 4 Things to do this Fall to Stay Active

1. 5<sup>th</sup> Annual 9-11 10K run 9-12-2015 Redstone Arsenal
2. Oktoberfest Redstone Arsenal Sept 17-20 2015
3. Bowling at the Redstone Lanes Bowling Center Building 3424
4. Work-out at the Pagano Gym Building 3474 Hours: **Monday through Friday, 5 a.m. to 8 p.m.; Saturday, 8 a.m.- 4 p.m.; Sunday, 10 a.m. to 6 p.m**

For more RSA news and events:

<http://www.redstonemwr.com/newsandevents/newsandeventsmain.html>

# Healthy Aging Awareness

## Federal Health Observances

### September-

Childhood Obesity Awareness Month

Healthy Aging Month

Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month

National Recovery Month

National Preparedness Month

### October-

National Breast Cancer Month

Domestic Violence Awareness Month

National Bullying Prevention Month

## High Blood Pressure

### The Silent Killer

For healthy living, know your numbers. Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.

Even if your blood pressure is normal, you should consider making lifestyle modifications to prevent the development of high blood pressure and to improve your heart health.

According to the American Heart Association for a healthy blood pressure, the systolic needs to be less than 120 and the diastolic less than 80. High blood pressure becomes a silent killer when your pressure stays constantly high. If high blood pressure goes untreated, it damages arteries and vital organs throughout the body.

The good news is that high blood pressure is treatable. It could be through lifestyle changes, and/or medicine to keep it normal. Monitoring your blood pressure throughout your life, can mean the difference between a long life or a early death. Don't you want some control of that? Know your numbers, so high blood pressure doesn't catch you unaware.

## The Key to Healthy Aging is a Healthy Lifestyle

Things to consider:

- Managing Stress
- Eating Healthy and Safely
- Exercise
- Sleep
- Skin Care
- Health Screening
- Immunizations
- Weight Management
- Taking Medicine

**Managing Stress** is a good idea for your overall health. We live in a fast-paced world filled with increasing demands. Coping with stress can be a challenge. Unhealthy coping methods, such as overeating or eating unhealthy foods, smoking, drinking and other activities do raise our risk for stroke, high blood pressure and heart attack.

Quick Tips to managing Stress:

- Time Management
- Learn to say "No"
- Find ways to calm thoughts
- Develop Supportive Relationships
- Do regular activity

## Fox Fall Challenge

### Drink Enough Water

There are many different opinions on how much water we should drink every day. According to the Mayo Clinic, water is essential for good health and each individual varies in their requirement needs. Simply put, there is no simple formula that fits everyone. Getting to know your body and your lifestyle is essential to tailoring your water intake requirement.

Factors that influence water needs:

- Exercise
- Intense Exercise
- Environment
- Illnesses or health conditions
- Pregnancy or breast-feeding

The key is to stay safely hydrated. Water is always your best bet because it is inexpensive, calorie free and readily available.



## Poor Sleep Can Lead to Problems

- Depressed mood
- More nighttime falls
- Attention and memory problems
- Increase use of over-the-counter medication and/or prescription sleep aids.

Poor sleep according to National Institute of Health is associated with a poorer quality of life. It is true that sleeping patterns change as we age, but through living a healthy life we can minimize the effects of poor sleepless nights.

Treatment for your sleeplessness depends on its cause. In some cases, at-home remedies or simple lifestyle changes can improve the quality of your sleep. You may want to:

- avoid caffeine and alcohol for at least eight hours before bed
- limit any daytime napping to 30 minutes
- keep your bedroom dark and cool
- avoid stimulating activity before bedtime
- allow seven to eight hours for sleep each night
- listen to soothing music before bedtime
- take a hot bath before bedtime
- keep a regular sleep schedule

For more sleep information:  
<https://science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.html>